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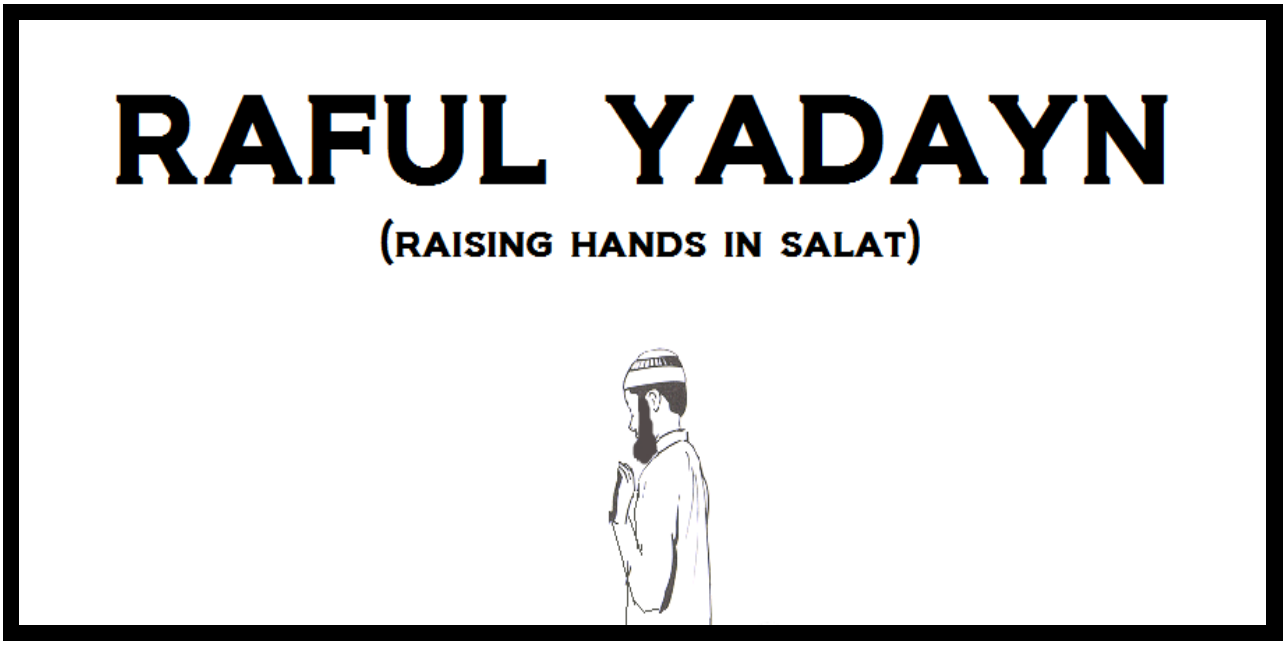
The Sunnah of Performing Raful Yadayn in Salah (Salat)

In the Name of Allah, the Most Gracious, the Most Merciful!



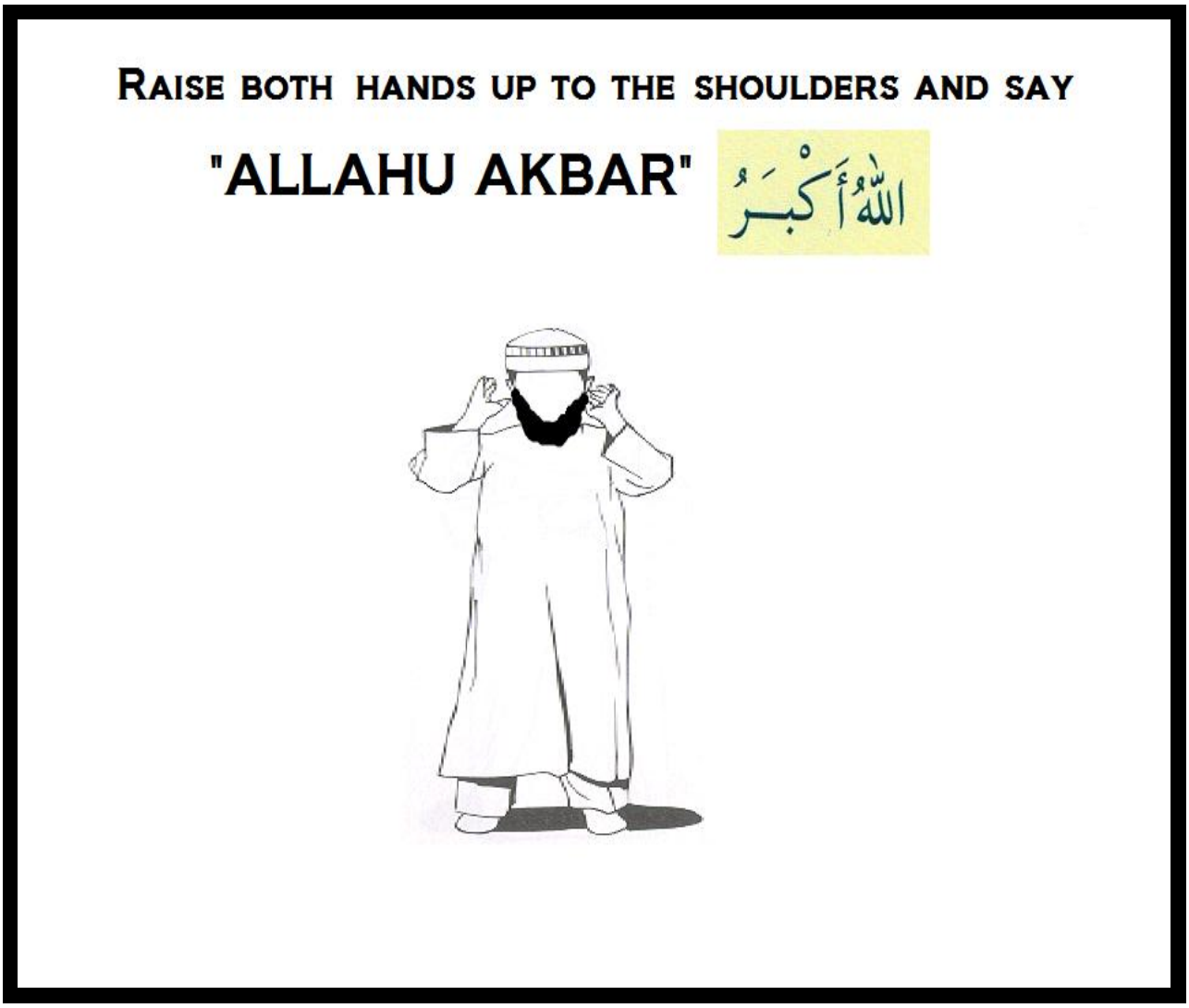
SPECIAL NOTE: Keep the eyes fixated on the area where you intend to prostrate in order to avoid being distracted during salat. The evidence for this ruling is a hadith in the collection of

Bukhari wherein Anas bin Malik narrated: "**The Prophet (P.B.U.H.) said, 'What is wrong with those people who look towards the sky during the prayer?' His talk grew stern while delivering this speech and he said, 'They should stop (looking towards the sky during the prayer); otherwise their eye-sight would be taken away.**'" Also, in another hadith collected by Bukhari, 'Aisha narrated: "**I asked Allah's Apostle (P.B.U.H.) about looking hither and thither in prayer. He replied, 'It is a way of stealing by which Satan takes away (a portion) from the prayer of a person.**'" What is more, according to Baihaqi and Hakim, "The Prophet (P.B.U.H.) used to incline his head during prayer and fix his sight towards the ground.

Lastly, it is important to note that it is extremely advantageous to avoid wearing clothing adorned with distractive patterns or decorating the masjid or musella in a manner that would divert one's attention from their salat. The evidence for these rulings is also found in a hadith of Bukhari wherein Aisha narrated: "**Once the Prophet (P.B.U.H.) prayed on a Khamisa with marks on it and said, 'The marks on it diverted my attention...**'"

Pronounce the Takbir by saying (Allahu Akbar) in salah and raise both hands up to the shoulders

in order to establish the position of raf al-yadayn/raful yadayn):



After completing the recitation of Surah Al-Fatihah in the qiyam position, the hands of the one performing salat are to again be raised to the shoulders after pronouncing a second takbir. The proof for the practice of raising one's hands to the shoulders while saying the second takbir is the hadith collected

by Abu Dawud wherein Ali ibn AbuTalib narrated: "**When the Apostle of Allah (P.B.U.H) stood for offering the obligatory prayer, he uttered the takbir (Allah is most great) and raised his hands opposite to his shoulders; and he did like that when he finished recitation (of the Quran) and was about to bow...**" Therefore, raful yadayn should also be performed by raising the hands up to the shoulders before entering the ruku position of salah. Further evidence for this directive is found in the hadith of Bukhari wherein Salim ibn 'Abdullah narrated from his father: "**The Messenger of Allah (P.B.U.H.) used to raise his hands level with his shoulders when he began the prayer and when he said the takbir for ruku**."

In light of the above mentioned ahadith, it is important to note that the scholars have not reached a consensus as to which practice is ideal; namely, raising the hands in raful yadayn upon saying the takbir in salat or leaving the hands down by one's side when doing so. Therefore, one has the option to perform either of these acts of worship.

The practice of performing Raful Yadayn among the four Madhabs:

It is also worth mentioning that regarding the practice of raful yadayn (raising the hands in salat), the practice of the

Shafii Madhab is to raise the hands in four instances; namely, with takbiratul ihram (starting the salat with the first saying of "Allahu Akbar"), before and after the ruku position, and after standing up for the third rakah of a four rakah prayer. The method employed by the Hanbali Madhab closely resembles the practice of the Shafii Madhab in that the Hanbalis prefer to raise their hands in three instances; namely, with takbiratul ihram, and before and after the ruku position. However, the practice of the Hanafi Madhab is to only raise the hands in the beginning of the salat with the opening takbir (takbiratul ihram). Lastly, the method of the Maliki Madhab varies between the practice of raising only the hands at the beginning of the salat with the opening takbir to raising the hands in three instances; namely, with takbiratul ihram, and before and after the ruku position.

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